

School Breakfast Program Considerations and Innovative Ideas

School Breakfast Program Considerations

- A local school district may provide breakfast to students during the first class period and count time toward the minimum instructional hour requirement in a particular building, program or grade level, without penalty, if the teachers are present and engaged in instruction.
- Districts where more than 90% of their students are eligible for free and reduced priced meals should explore the option of offering a Universal Free Breakfast Program to all students. Learn more about Universal Breakfast by visiting this website:
www.uwex.edu/ces/flp/food/schoolbreakfast/files/formula_universal.pdf.

Innovative Ideas to Increase Breakfast Success from the Wisconsin's School Breakfast initiative: www.uwex.edu/ces/flp/food/schoolbreakfast.

Breakfast in the Classroom

Just like the name implies, students eat breakfast in the classroom at the beginning of the day or during the first period. Breakfast only takes 10-15 minutes for the students to eat and teachers use this time to take attendance, collect homework, deliver announcements or read to the class.

Mid-morning Nutrition Break

Students eat individually packaged reimbursable breakfasts during a break in the morning, usually between 9 and 10 a.m. Breakfasts are typically offered from mobile carts or tables located in high traffic areas where there are many students.

Grab N' Go/Breakfast in a Bag

Students pick up their breakfasts in pre-packaged grab 'n go bags from either the cafeteria or conveniently located carts or tables. Students are then allowed to eat their breakfast where they want--outside with friends, in the hallway, in the cafeteria, or in class if permitted. Read how at this link:
www.uwex.edu/ces/flp/food/schoolbreakfast/files/formula_grabngo.pdf.

Breakfast Carts

Why not bring breakfast to the students? Carts serve hot or cold breakfasts to students outside of the cafeteria. Carts are normally positioned in high traffic areas, such as outside the office.

Creative Menu Ideas

These menu ideas respond to students' changing tastes and needs. Examples include yogurt parfaits and breakfast pizza:

www.uwex.edu/ces/flp/food/schoolbreakfast/foodservice.

For more school breakfast resources visit the following website:

www.uwex.edu/ces/flp/food/schoolbreakfast.